

FALL 2015

# NATICK COMMON GUIDE

*Community Education  
and Resources*

Recreation and Parks • Council On Aging • Human Services  
Natick Community Organic Farm • Veterans' Services

photo: Patrick S. Sheeran

**Town of Natick**  
Community Services Department

# citizens

"I learned  
so much more than  
I imagined."

# leadership

# academy

A 10-week commitment  
designed to advance under-  
standing of and participation  
in civic affairs, and to increase  
awareness of the challenges  
facing municipal  
government.

"I expected  
to learn about Natick  
government and operations.  
The academy delivered."

Accepting  
applications  
for the fall semester now!  
Visit: [natickma.gov/  
communityservices](http://natickma.gov/communityservices)  
for application and  
information.



call: 508.647.6546  
for more information

REGISTERING NOW FOR THE FALL 2015 SESSION.



## friends & neighbors,

With fall fast approaching and the familiar routines associated come into focus, we'd like to call your attention to a few of the more exciting developments available to you and your families:

**The Natick Connector**— Natick's new, enhanced transportation service is rolling! Staffed by trained volunteers, this new lift-equipped vehicle is working hard to close the transportation gaps so many of our citizens experience.

**Transportation Survey** — On a related note: we are committed to expanding transportation services as we strive to better understand your needs. Please take a few minutes to complete the New Transportation Survey by midnight September 30, 2015. You can enter the following information into your browser: [http:// tinyurl.com/natickconnector](http://tinyurl.com/natickconnector) or come into the Community-Senior Center to complete a paper and pencil version.

**Natick's Citizen Leadership Academy** — Launched this past April, this ten-week course offers those who live or work in Natick the opportunity to learn about government operations, interact with town officials and get to know one another. By all accounts, the inaugural session of the Academy was a huge success!

Applications are now being accepted for the fall 2015 session which will run from September 16-November 25. The Citizen Leadership Academy is free of charge. Applications and additional information can be found on the Community Services' home page at [www.natickma.gov/communityservices](http://www.natickma.gov/communityservices).

On behalf of the Community Services Department team,  
I wish you a wonderful fall.

Regards,

Jemma Lambert



### THE NATICK CONNECTOR

Our first priority: getting elders and disabled residents to critical appointments. Should you or someone you know require these specialized, door-to-door services please contact the Community Services Department for more information or to sign-up for service: (508) 647-6540.

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*"The tints of autumn...a mighty flower garden blossoming  
under the spell of the enchanter, frost."  
~ John Greenleaf Whittier*

# transportation

## JUST A REMINDER

A CSC reminder that people with handicap placards are free to park anywhere in the parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only.

## TAXI COUPONS

Natick Council on Aging has a Taxi Coupon Program with local taxis for qualifying seniors and disabled residents of the Town of Natick. The intent of this program is to assist in paying the taxi fare, not pay the total fare. Taxi coupons are assigned and non-transferable and have no cash-back value. For additional information go to [www.natickma.org](http://www.natickma.org).



## TRANSPORTATION PROGRAM

The Community Services Department has launched a premier shuttle bus service called the 'Natick Connector'. It's a new accessible transportation service for town residents. The Natick Connector now provides door-to-door transportation for seniors and people with disabilities who need rides to medical facilities and services throughout Natick and nearby destinations.

The service provides door-to-door transportation to medical appointments and other personal services throughout Natick and nearby destinations including Framingham, Wayland, and Wellesley.

The service hours operate 8am-3pm on Tuesday, Wednesday and Thursday. Tuesdays and Thursdays are for trips to doctors, physical and occupational therapy, and nearby hospitals. Wednesday is for grocery shopping and personal errands. Wednesday morning serves Target on Route 30 in Framingham; Wednesday afternoon serves Market Basket in Ashland.

Residents will set up accounts with the MetroWest Regional Transit Authority (MWRTA) and the trip fare will be deducted from their account. The one-way fare is \$2; round trip is \$4. No cash fare accepted.

Reservations will be made by contacting the MWRTA call center at (508) 820-4650. We request that you contact the call center at least two business days before you need a ride.

We are excited to bring the Natick Connector to our community and look forward to getting your feedback on our service. Please take our survey: <http://tinyurl.com/natickconnector>

# volunteering

## GOT AN HOUR?

We are in the process of developing an intergenerational program this school year at the CSC, and are looking for older adult volunteers who are interested in working with school-aged children. We expect this program to take about an hour once a month during the school year. For more information, contact Lorraine at [lmcnally@natickma.org](mailto:lmcnally@natickma.org).

## FALL LEAF RAKING FOR SENIORS

This one morning or one afternoon commitment is a wonderful way to help a Natick senior citizen. This is a great opportunity for a school group, family, Girl Scout or Boy Scout troop, a religious organization, or other individual or group to get involved with making a difference in our community through service. The event happens over two weeks in November after the leaves have fallen. The homeowner provides the leaf bags, and the volunteers bring their own rakes and other equipment (some homeowners can provide equipment as well).

## TRIP CHAPERONES NEEDED

The Natick Community-Senior Center is looking for volunteer chaperones to accompany our program participants on group bus trips to local and regional, as well as in-state and out-of-state destinations. The volunteers are responsible for tracking the participant headcount at various times during the trip, carrying a first aid kit and emergency contact information, and ensuring that all participants understand the schedule for the day. Trip chaperones must also have a cell phone with them and be willing to share that cell phone number with trip participants in case of emergency.

## PROPERTY TAX WORK-OFF PROGRAM

If you are a Natick resident 60 years of age or older or a veteran of any age, and if your gross income in 2014 was under \$43,491 for a household of one or \$56,872 for a household of two, you may qualify to participate in our Property Tax Work-off Program. As a participant in this program, you are placed in a position in a Town Department and can work up to 125 hours before the end of February 2016 in order to earn up to a \$1,250 credit toward your FY16 Property Taxes. Note: There is an application process to participate in this program.

## TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.

If you are interested in any of the above opportunities, please e-mail Karen Edwards at [kedwards@natickma.org](mailto:kedwards@natickma.org) or call the Community-Senior Center at (508) 647-6540.

*"Do your little bit of good where you are;  
it's those little bits of good put together  
that overwhelm the world."  
~Desmond Tutu*

# community happenings



## NATICK DAYS

Saturday, September 12 • 10:00-3:00pm  
Rain Date: Sunday September 13 • 1:00pm start

Join in on Natick's own all day community celebration, held in downtown Natick. Details of events coming soon in newspapers and the schools virtual backpack.



## "SPOOKTACULAR" (HALLOWEEN PARTY)

AGES 3-K  
Saturday, October 24  
Starts at 12 noon  
Natick Common

The 18th annual town-wide Halloween Party will take place on the Common. If you're interested in volunteering or making a donation to help out the event, contact Aaron Friedman at (508) 647-6530. Look for details on our website, your child's virtual backpack, libraries, and in the local papers.

## NATICK COMMON GUIDE

This is our 6th edition!  
Please give us feedback, comments, and suggestions. Please email Beth at [infocommonguide@natickma.org](mailto:infocommonguide@natickma.org)



## 14TH ANNUAL HARVEST DINNER AND SILENT AUCTION

Friday, September 25, 2015

Benefit for NCOF's Mentoring Teens  
through Agriculture Program

*The finest local, organic, seasonal, and sustainable food from NCOF and 30 other producers, lovingly prepared by Wellesley College Chefs.*

- open bar
- lakeside beer, wine and spirits tasting
- oysters and hors d'oeuvres
- scrumptious seasonal fare

\$120/person/\$100 for current members

Make your reservations today at [www.natickfarm.org](http://www.natickfarm.org)

## Wellesley College Club

727 Washington St.  
Wellesley, MA 02481



## ORDER YOUR THANKSGIVING TURKEY NATICK COMMUNITY ORGANIC FARM (NCOF)

Fresh, delicious, local, organically fed Thanksgiving turkey  
NCOF members have priority on ordering Aug 1-Oct 15.  
Reserve yours today with a \$30 deposit at [www.natickfarm.org](http://www.natickfarm.org)  
Pick-up day will be Tue Nov 24.

## VOLUNTEER AT THE FARM

Please email or call Christine Schell at  
[christine@natickfarm.org](mailto:christine@natickfarm.org),  
(508) 907-6019.



## community center trips

### FALL FOLIAGE QUABBIN RESERVOIR Day Trip

#### Location: Leave from CSC

Celebrate the glory of fall taking in the magnificent hues of red, orange and yellow maple trees traveling along the scenic roads of Central Massachusetts. We'll head to the Quabbin Reservoir and West Brookfield's Salem Cross Inn for lunch with choice of their famous flaky Chicken Pot Pie or Maple Salmon entrée. After, you'll be joined by a native tour guide who will take you throughout the Quabbin Reservoir, explaining how local Villages and Towns were flooded so that the reservoir, containing billions of gallons of water, could be constructed. You'll then visit Brookfield Orchards, home of one of New England's largest apple growers. We return at approximately 5:30 pm. Payment due at time of registration with cash or check payable to Town of Natick.

Friday 9:30am-5:30pm Sept 25 \$69 pp

### BOSTON BALLET'S THE NUTCRACKER

#### Location: Leave from CSC

Bus will depart from CSC at 6pm. Join us for this fun holiday excursion to see the classic, beautiful ballet production with live orchestra, amazing sets and spectacular dancing with reserved orchestra seats at the Opera House for a magical holiday experience. After the Nutcracker performance, the bus will drive around the Boston Common to see the magnificent Christmas lights display. Return back to CSC at approximately at 10:30pm. All ages welcome. Payment due at time of registration with cash or check payable to Town of Natick.

Friday performance at 7:30pm Dec 4 \$79 pp

### LONDON AND PARIS WITH COLLETTE TRAVEL

#### Upcoming trips through Natick Community Senior Center

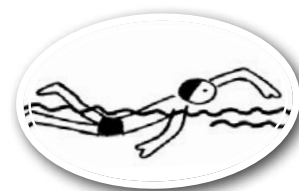
#### London & Paris, April 18-25, 2016 (reservation #697671).

Make your reservations for this trip before October 12, 2015 and receive the Natick CSC discount. Please call Collette for information 800-581-8942. Experience the world's most popular cities on one fabulous tour. Tour begins in London visiting Trafalgar Square, St Paul's Cathedral, Tower of London and Buckingham Palace, Westminster and Houses of Parliament/Westminster Abbey and Big Ben. You'll also take in one of London's finest theatre performances. Free time is always planned for self-directed exploration or relaxation. Onward to France via the Eurostar- High Speed train with dinner at the Eiffel Tower restaurant and a romantic cruise on the Seine. The next day's tour includes Arc de Triomphe, Notre Dame Cathedral, Champs-Elysees, Place de la Concorde, Place Vendome with an optional excursion to Versailles. The next day will be free for you to explore to your heart's content ending the day with a group dinner at the Paradis Latin-Paris' oldest cabaret theatre.

*"There is a harmony in autumn,  
and a luster in its sky,  
which through the summer is not heard or seen,  
as if it could not be, as if it had not been!"*

~ Percy Bysshe Shelley

## community happenings



### PUBLIC SWIMMING FOR NATICK RESIDENTS

#### Location: Keefe Tech Pool, 750 Winter Street, Framingham

Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends starting in late September/early October. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., (508) 532-5960.

|     |     |             |     |                      |
|-----|-----|-------------|-----|----------------------|
| SNR | Sat | 2:00-3:00pm | TBA | Free                 |
| ALL | Sat | 3:00-4:30pm | TBA | \$2/child, \$4/adult |
| ALL | Sun | 2:00-3:30pm | TBA | \$2/child, \$4/adult |

### TED TALKS

#### Location: CSC

This is a casual group that meets periodically and enjoys TED (Technology Entertainment and Design) Talks. This is not a debate group, but rather a collection of courteous individuals that aspire to learn more about their world. We watch 30 minutes of Talks and then talk for 30 minutes. The goals of the meetings are to learn for one's own betterment and meet others with a similar desire for knowledge.

Thu 10am Sep 24, Oct 15, Nov 19 Free

### FLU CLINIC

#### Location: CSC

Open to all residents and Town of Natick employees.

Thu 10am-noon & 5-7pm Oct 8 Free



**VETERANS DAY**, Wednesday November 11th 2015. The parade starts at Morse's Tavern which is located at 85 East Central Street. We form up at 9 AM with the parade kicking off at 9:30 AM. The service starts at 10:30 AM in front of the Morse Library.

**VETERANS APPRECIATION DINNER.** November 11th 2015. This event is sponsored by the Natick Fire Department which works with Veteran Services and the Board of Selectmen. This event begins at 6 PM at the Downtown Natick Fire House.

**PEARL HARBOR DAY**, Monday December 7th 2015. This service is held in the lower level of the Morse Library. The program begins at 7 PM. Natick is one of a couple of communities that observe Pearl Harbor Day on December 7th every year.

# community center events

## AGING MASTERY PROGRAM

### Location: CSC

Made possible through the generosity of Metrowest Medical Center and developed by the National Council on Aging we offer this 10 week program covering major aspects of health and wellness as you age. Class topics include: benefits of exercise and keeping active, healthy diet, sleeping well, estate & healthcare planning, balance and falls prevention, medication management, financial fitness, community engagement and healthy relationships. You'll track your progress and earn points and rewards. So-cial, fun and healthy! Limited enrollment. Please call 508-647-6540 to register.

Thu 2-3:30pm Sep 17- Nov 19 Free

## BAGELS WITH THE BOS

### Location: CSC

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu 9:00am Sep 24, Oct 22, Nov 19 Free

## BEGINNER'S CONTRACT BRIDGE LESSONS

### Instructor: Doris Burke

If you enjoy card games, give Bridge a try! The class will cover rules, scoring, bidding and playing along with supervised play. Bridge is a life-long game that is social and helps boost your brainpower while having fun and meeting new people.

Mon 10am-noon Sep 14-Nov 23 Free

## COFFEE AND CURRENT EVENTS

### Instructor: Joe Weiss

### Location: CSC

Discuss international, national, state and local issues of the day with Joe Weiss, the Host of Conversations on the Natick Cable – Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Former state agency Public Information Officer, Joe is a 30-year resident of Natick.

Fri 10:30am Sep 25, Oct 23, Nov. 20 Free

## HELP OTHERS TO SPEAK ENGLISH

Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for 8 weeks? No teaching experience necessary. Support people will be present to help you. Join us for an informational session on September 14 at 11am-noon.

Mon 11am-noon Info Session Free  
Sep 21, 28,  
Oct 5, 19, 26, Nov 2, 9, 16

## LOOKING FOR A GOOD BOOK?

### Location: CSC

Join book buyer from Wellesley Books and lifelong book enthusiast, Lorna Ruby as she talks about new titles in both fiction and non-fiction. She'll bring samples to show and offer for sale.

Tue Noon-1:00pm Nov 17 Free

## OPERA APPRECIATION SERIES

### Location: CSC

The course will be guided by Ron Williams, an award-winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. Williams performed roles with San Francisco Spring Opera, Michigan Opera, and others. He sang in the world premiere of "The Last Leaf" with Opera San Jose.

*Due to the generosity of an anonymous donor, scholarships are available on a confidential basis for those who need it. Please contact Lorraine for details.*

Fri 10:30am Sep 18-Dec 18 \$5/class

Call the CSC at 508-647-6540 to register in advance or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## RED CROSS BLOOD DRIVES AT THE CSC

### Location: CSC

Please book an appointment for your donation by calling 800-REDCROSS (733.2767) or visit [redcrossblood.org](http://redcrossblood.org).

Mon 2-7:00pm Sep 14, Oct 19, Nov 16

## REPRESENTATIVE LINSKY'S OFFICE HOUR

### Location: CSC

Mon 9:30am Call for dates (508) 647-6540

## SCAMS, FRAUD AND IDENTITY THEFT

### Location: CSC

Scam artists are lurking behind every keyboard and telephone. They want to take advantage of you and take what's yours.

Don't let them get you! Please join us for an important seminar so we can help you, help yourself! Presented by Natick Police.

Mon 2:00pm Oct 19 Free

## TEA AND READ

### Presenter Rita Wolfson

### Location: CSC

Meet Rita Wolfson, first-time author and paper artist, as she presents her book, "One Liners on Two Lines." A delightful yet powerful book pairs Rita's artwork with her insights into being suddenly thrust into caregiving. This is a wonderful book to give as a gift. Rita's book will be available for purchase and signing. All proceeds go to charity. Tea and cookies will be served. Sign up required; call (508) 647-6540.

Wed 10am-noon Oct 14 Free

## YOU CAN IMPROVE YOUR MEMORY

### Location: CSC

Learn how to increase knowledge and understanding of normal changes in memory as you age and to provide strategies for improved memory skills including discussion and interactive exercises. Please plan on attending BOTH classes. Free, please register by calling 508-647-6540, class size limited.

Thur 9:30-11am Oct 15 & Oct 22 Free

# community center tech classes



## BASIC COMPUTER

**Instructor: Swati Dave**

This introductory class will teach you how to become skilled on the computer. Space is limited 7.

|     |              |        |      |
|-----|--------------|--------|------|
| Sat | 10:00am-noon | Sep 26 | Free |
|-----|--------------|--------|------|

## COMPUTER LAB

**Instructor: Tom Swan**

Drop-in, first come, first served with your computer questions.

|               |          |         |      |
|---------------|----------|---------|------|
| Tue, Wed, Thu | 1-3:00pm | ongoing | Free |
|---------------|----------|---------|------|

## EMAIL BASICS

**Instructor: Swati Dave**

This introduction to email is a hands-on workshop that will provide you with: a working understanding of the basic features of email programs, confidence to use them on a daily basis, and the knowledge of how to send and receive email and attach documents. Space is limited 7.

|     |              |       |      |
|-----|--------------|-------|------|
| Thu | 10:00am-noon | Oct 3 | \$15 |
|-----|--------------|-------|------|

## INTRODUCTION TO EXCEL

**Instructor: Swati Dave**

This beginner's Microsoft Excel class is a hands on workshop will introduce you to MS Excel and how to create worksheets and manage data. Space is limited 7.

|     |            |        |      |
|-----|------------|--------|------|
| Sat | 10 am-noon | Oct 24 | \$15 |
|-----|------------|--------|------|

## INTERMEDIATE EXCEL

**Instructor: Swati Dave**

This Intermediate MS Excel class is a hands-on workshop that will further your understanding of MS Excel, and expand your knowledge of functions and formulas to save time and reduce workload. Space is limited 7.

|     |              |        |      |
|-----|--------------|--------|------|
| Sat | 10:00am-noon | Nov 21 | \$15 |
|-----|--------------|--------|------|

## INTRODUCTION TO COMPUTERS & TECHNOLOGY:

Whether or not you already have experience with a computer, or just starting out – become better at using your technology. Learn how to use a computer to surf the internet, research, share pictures, and email. 4 sessions. space limited; pre-registration required.

|     |              |                          |          |
|-----|--------------|--------------------------|----------|
| Fri | 10:30am-noon | Sep 18, 25,<br>Oct 2 & 9 | \$10/ses |
|-----|--------------|--------------------------|----------|

## INTRODUCTION TO POWERPOINT

**Instructor: Swati Dave**

This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

|     |              |        |      |
|-----|--------------|--------|------|
| Sat | 10:00am-noon | Oct 31 | \$15 |
|-----|--------------|--------|------|

## INTRODUCTION TO WORD

**Instructor: Swati Dave**

This beginner's class for Microsoft Word hands on workshop will introduce you to MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited 7.

|     |              |        |      |
|-----|--------------|--------|------|
| Sat | 10:00am-noon | Oct 24 | \$15 |
|-----|--------------|--------|------|

## INTERMEDIATE WORD

**Instructor: Swati Dave**

This intermediate Microsoft Word hands-on workshop that will expand your knowledge of MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited to 7.

|     |              |        |      |
|-----|--------------|--------|------|
| Sat | 10:00am-noon | Nov 14 | \$15 |
|-----|--------------|--------|------|

## INTERMEDIATE POWERPOINT

**Instructor: Swati Dave**

This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

|     |              |       |      |
|-----|--------------|-------|------|
| Sat | 10:00am-noon | Dec 5 | \$15 |
|-----|--------------|-------|------|

## FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

**Location: CSC**

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

|     |             |                          |              |
|-----|-------------|--------------------------|--------------|
| Thu | 3:00-6:00pm | Sept 11,<br>Oct 2, Nov 6 | Free<br>Free |
|-----|-------------|--------------------------|--------------|

**For all tech classes  
space limited;  
pre-registration required.**

**COMMUNITY-SENIOR CENTER  
REGISTER IN PERSON OR  
Call (508) 647-6540**

~ "Every thought you produce,  
anything you say, any action you do, it bears your signature."  
~ Thich Nhat Hanh



# Perspectives

## BELLY DANCING FOR FUN — beginners

16 years old -adult

Instructor: Charlene Harper

Location: CSC

What better way to celebrate life than by learning the ancient art of belly dancing? Discover your feminine grace through learning to shimie and make the classic body shapes and undulations. Wear a fitted top, comfortable pants or leggings, soft dance slippers, and bring a bottle of water.

01 Tue 6:30-7:30pm Begins Sep 13 8-wks/\$80.

## GIFT GIVING MADE SIMPLE

Instructor: Jane Dee

Location: CSC

Having trouble coming up with meaningful gift ideas for the holidays? Come pick up suggestions and share your ideas with choosing gifts that bring joy. We'll discuss ideas on grab gift ideas, homemade, personalized and themed gifts and how to budget your wallet and your time appropriately! Approaching gift giving in a whole new light with Jane Dee, professional organizer and presenter.

01 Tue 10-11:30am Nov 3 Free

## TAP DANCING: beginners, 16 years old -adult, CSC, Natick

Instructor: Serge Genesse

Location: CSC

Local tapper Genesse has been tapping for over 50 years, first in Maine and then in MA and at Wellesley College! Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel, and be prepared to really dance like a star! Students must purchase tap shoes in advance. Tap shoes may be purchased on various websites beginning at \$21. and up.

01 Tue Intermediate 5-5:45pm 8-wks/\$80

02 Tue Beginners 6:15-7:00pm 8-wks/\$80

Begins Sept 13

## YOGA: GENTLE YOGA

Instructor: Ann Masse, Yoga, Spinning and Girl Power Instructor

Location: CSC

This class is great for newbies as well as the seasoned yogi. Class focuses on breath awareness, proper alignment, building strength and increasing flexibility and relaxation through warm-ups, props to support the body and a sequence of poses designed to gently stretch various parts of the body. By gently stretching all the major muscle groups, this practice induces a state of relaxation and calm. Please bring a yoga mat and wear loose, comfortable clothes. Yoga blocks and yoga strap are optional.

01 Thu 5:30-6:30pm Sept 17-Nov 5 8-wks/\$80.

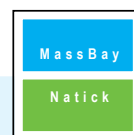
## YOGA: REFRESH AND RENEW WITH VINYASA FLOW

Instructor: Ann Masse, Yoga, Spinning and Girl Power Instructor

Location: CSC

Balance your mind and body through relaxation, breath and movement. This refreshing and revitalizing flow includes postures to increase body awareness and flexibility, reduce stress and, most importantly, calm and center your mind. We'll start with relaxing, refresh with breath and flowing movement, renew with supine poses and then relish a lengthy savasana! Please bring a yoga mat and wear loose, comfortable clothes. Yoga blocks and yoga strap are optional.

01 Thu 6:45-7:45pm Sept 17-Nov 5 8-wks/\$80



### TRY A

### MASSBAY CLASS AT NATICK CSC

Register for MassBay classes online:  
[www.massbay.edu](http://www.massbay.edu)

## AP 116-300: Intermediate Conversational Spanish

Location: Natick Community-Senior Center

This six-week immersion course is designed for students who have little or no experience speaking Spanish. The course aims to provide students with a full immersion approach toward language acquisition. Students will learn about their immediate world through speaking, listening, reading and writing in Spanish. Topics such as food, family, school clothing, and weather and leisure activities are covered. Students will learn present and future tenses and other grammatical elements.

This is a non-credit class. Cost: \$150.

Mondays 1:30-3:30 Starts Sept 28- Dec 7 2015

COMMUNITY-SENIOR CENTER

REGISTER IN PERSON OR

Call (508) 647-6540

## CHAIR VOLLEYBALL

### Location: CSC

Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, that can improve upper body mobility, balance and strength.

|     |         |         |      |
|-----|---------|---------|------|
| Mon | 12:00pm | ongoing | Free |
| Wed | 10:30am | ongoing | Free |
| Fri | 10:30am | ongoing | Free |

Drop-in. No charge.

## FITNESS ROOM AT CSC

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, Keiser Pneumatic weight machines, and free weights. To join the Fitness Room you must first schedule an orientation. There is a \$5 orientation fee that will be deducted from your membership cost if you decide to join the fitness room. The membership fee is \$25 for those 60 and above, and \$40 for those 18-59 for a six-month membership. Contact the CSC for more information and hours, (508) 647-6540.

### NEW Fitness Room Hours

|               |                                   |
|---------------|-----------------------------------|
| Mon, Wed, Fri | 7:00am-8:00pm                     |
| Tue, Thu      | 7:00am-10:30am and 12:30pm-8:00pm |
| & Sat         | 8:00am-12:30pm                    |

## SMALL GROUP PERSONAL TRAINING

### Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. New sessions start each month.

|            |            |                  |               |
|------------|------------|------------------|---------------|
| Tue & Thur | 10-11:00am | Sept. 3-Sept. 29 | \$100 per ses |
| Tue & Thur | 10-11:00am | Oct 1-Oct 27     | \$100 per ses |
| Tue & Thur | 10-11:00am | Oct 29-Nov 24    | \$100 per ses |
| Tue & Thur | 7-8:00pm   | Sept. 3-Sept. 29 | \$100 per ses |
| Tue & Thur | 7-8:00pm   | Oct 1-Oct 27     | \$100 per ses |
| Tue & Thur | 7-8:00pm   | Oct 29-Nov 24    | \$100 per ses |

Register at CSC, 508-647-6540, cash or check, payable to 'Town of Natick' due upon registration.

## VIDEO EXERCISE

### Location: CSC

Low impact beginners aerobics. Many exercises can be done from a chair. Richard Simmon's "Silver Foxes" DVD will be used.

|     |         |         |      |
|-----|---------|---------|------|
| Tue | 10:00am | ongoing | Free |
| Thu | 10:00am | ongoing | Free |



## EXERCISE PROGRAMS AT THE CSC- DROP-INS

Your choice - try something new or stick with your favorite exercise, either way you may use a multi-exercise card - no expiration. Buy a 10-class card for \$30. or a 5-class card for \$15. Cash or checks payable to 'Town of Natick' accepted. Call (508) 647-6540 for more information.

### Chair Aerobics

Tuesdays & Fridays 11-noon

### Chair Yoga

Mondays 10:00-10:45am

### Line Dancing

Wednesdays noon-1:00pm

### Muscle Building: Low to Moderate Band Exercises

Tuesdays and Thursdays 11:00am

### Muscle Building: Advanced Band Exercises

Tuesdays and Thursdays 10-11:00am

### Evening Muscle Building

Tuesdays and Thursdays 5:30- 6:30pm

### Strength Training

Fridays 10:00-11:00am

### T'ai Chi

Wednesdays 10-11:00am

### Yoga

Fridays 1:45-4:00pm

### Zumba

Mondays 11:30am-12:30pm

*"I'm so unfamiliar with the gym,  
I call it James!"*

~ Ellen DeGeneres

COMMUNITY-SENIOR CENTER  
**REGISTER IN PERSON OR**  
Call (508) 647-6540

# recreation pre k



## ART • ART FOR LITTLE HANDS (Ages 2.5-5)

**Instructor:** Christine Van

**Location:** Cole Center

Children will be doing fun projects that build self-esteem and use his/her creativity. Come have fun with your child!

Parent participation is required. (5 or 3 wks)

|    |     |          |               |      |
|----|-----|----------|---------------|------|
| 01 | Thu | 9-9:45am | Sep 24-Oct 22 | \$63 |
| 02 | Thu | 9-9:45am | Nov 5-Nov 19  | \$43 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## F.A.S.T • T-BALL (Ages 3-Pre K)

**Instructor:** F.A.S.T Athletics Coaching Staff

**Location:** Cole Center Field/Gym

All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 weeks)

|    |     |          |               |      |
|----|-----|----------|---------------|------|
| 01 | Tue | 2-3:00pm | Sep 22-Oct 20 | \$65 |
| 02 | Tue | 3-4:00pm | Sep 22-Oct 20 | \$65 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## FUN WITH MESSY PLAY (Ages 1 & 2)

**Instructor:** Muriel Sypek

**Location:** Cole Center

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more. (8 wks)

|    |     |               |              |       |
|----|-----|---------------|--------------|-------|
| 01 | Wed | 10:45-11:30am | Sep 30-Dec 2 | \$127 |
|----|-----|---------------|--------------|-------|

No class Nov 11, Nov 25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## GYMNASTICS FOR ALL (Ages 3-Pre K)

**Instructor:** East Coast Mobile Gymnastics staff

**Location:** Cole Center

A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment. (9 wks)

|    |     |              |               |       |
|----|-----|--------------|---------------|-------|
| 01 | Tue | 12:15-1:00pm | Sep 22-Nov 17 | \$136 |
|----|-----|--------------|---------------|-------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## INTRO TO BALLET & JAZZ (Ages 4-5+ / Pre-K)

**Instructor:** Cindy Wright

**Location:** Cole Center

This class includes basic ballet positions, moves and combinations taught in a nurturing way. Little ones want to dance and learn, but are truly too young for a strict and disciplined instruction. The ballet portion will be followed with the fundamentals of jazz and kiddie hip-hop using current and age appropriate music. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

|    |     |              |               |       |
|----|-----|--------------|---------------|-------|
| 01 | Wed | 12:15-1:00pm | Sep 30-Dec 16 | \$100 |
|----|-----|--------------|---------------|-------|

No class on Nov 11, Nov 25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## INTRO TO DANCE 1 (Ages 3 & 4)

**Instructor:** Cindy Wright

**Location:** Cole Center

A fun introduction to the wonderful world of dance. Students will develop gross motor skills, coordination, group skills and self-confidence. They will learn from the Instructor and from each other. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

|    |     |               |               |       |
|----|-----|---------------|---------------|-------|
| 01 | Wed | 11:15-12:00pm | Sep 30-Dec 16 | \$100 |
|----|-----|---------------|---------------|-------|

No class on Nov 11, Nov 25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## JUMP, TUMBLE AND SING (Ages 2-4)

**Instructor:** Muriel Sypek

**Location:** Cole Center

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (8 wks)

|    |     |              |              |      |
|----|-----|--------------|--------------|------|
| 01 | Wed | 9:30-10:15am | Sep 30-Dec 2 | \$92 |
|----|-----|--------------|--------------|------|

No class Nov 11, Nov 25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## MIGHTY-MITE SPORTS (Ages 4-5)

**Instructor:** Recreation Staff

**Location:** Cole Center

A fun and active program where participants will take part in different sports/physical activities each week. We stress teamwork and sportsmanship as kids learn and develop their sports skills. (5 wks)

|    |     |             |               |      |
|----|-----|-------------|---------------|------|
| 01 | Fri | 4:15-4:45pm | Sep 25-Oct 23 | \$50 |
| 02 | Fri | 5:00-5:30pm | Sep 25-Oct 23 | \$50 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

*"Just play. Have fun.  
Enjoy the game."*

*~ Michael Jordan*

### RECREATION AND PARKS REGISTRATION

[www.natickma.gov/recreation](http://www.natickma.gov/recreation)

beginning Wednesday September 9, 7pm.

# recreation pre k



## MINI KICKERS (Ages 2-4)

**Instructor:** Challenger Sports

**Location:** Cole Center

Mini Kickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants receive a ball and a shirt. (5 wks)

|    |     |              |               |      |
|----|-----|--------------|---------------|------|
| 01 | Tue | 11:00am-noon | Sep 29-Oct 27 | \$75 |
| 02 | Thu | 1-2:00 pm    | Oct 1-Oct 29  | \$75 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## ON MY OWN PLAYGROUP (2-Pre-K)

**Location:** Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance.

**ATTENTION!! Playgroup WILL REGISTER AS A LOTTERY.**

Registration forms and payment are due on Thursday, September 3 by 5pm. Confirmation calls will be made after Sept 8.

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. **NO PEANUTS OR NUT PRODUCTS.**
- For more information on the program, please read our Parents Manual online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

|     |         |     |              |                |       |
|-----|---------|-----|--------------|----------------|-------|
| M1  | 2-3 YO  | Mon | 9-11:00am    | Sep 21-Dec 14  | \$148 |
| T1  | 2-3 YO  | Tue | 9-11:00am    | Sep 22-Dec 15  | \$160 |
| T2  | 3-Pre-K | Tue | 11:30-2:00pm | Sep 22-Dec 15  | \$173 |
| W1  | 2-3 YO  | Wed | 9-11:00am    | Sep 16-Dec 16  | \$136 |
| W3  | 3-Pre-K | Wed | 11:30-2:00pm | Sep 16- Dec 16 | \$148 |
| Th1 | 2-3 YO  | Thu | 9-11:00am    | Sep 17-Dec 17  | \$160 |
| Th2 | 3-Pre-K | Thu | 11:30-2:00pm | Sep 17-Dec 17  | \$173 |
| F1  | 2-3 YO  | Fri | 9-11:00am    | Sept 18-Dec 18 | \$160 |

No class 9/23, 10/12, 11/11, 11/25-27

**Register in person at the Cole Center for lottery by Sept 3.**

*"I am the greatest. I said that before I knew I was."*

~ Muhammad Ali

## SOCCER JUNIORS (Ages 3-6)

**Instructor:** Global Premier Soccer

**Location:** Cole South Field

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is 1 coach to 10 players. (6 wks)

|    |     |             |              |      |
|----|-----|-------------|--------------|------|
| 01 | Wed | 3:30-4:30pm | Sep 30-Nov 4 | \$85 |
| 02 | Wed | 4:30-5:30pm | Sep 30-Nov 4 | \$85 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## THUNDERCATS MINI SPORTS (Ages 4-Pre-K)

**Instructor:** Thundercats Coaching Staff

**Location:** Cole Center

A fun program that will have participants playing soccer, basketball, Soft-ee® hockey and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

|    |     |             |              |      |
|----|-----|-------------|--------------|------|
| 01 | Thu | 2:45-3:30pm | Oct 1-Oct 29 | \$65 |
|----|-----|-------------|--------------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



*"What heaven can be more real than to retain the spirit-world of childhood?"*

— Beatrix Potter

## RECREATION AND PARKS REGISTRATION

[www.natickma.gov/recreation](http://www.natickma.gov/recreation)

beginning Wednesday September 9, 7pm.





## CHORE TIME (Ages 3-5)

### Location: Natick Community Organic Farm

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs.

|    |     |           |               |           |
|----|-----|-----------|---------------|-----------|
| 01 | Mon | 9-10:00am | Sep 21-Oct 19 | \$68/\$56 |
| 02 | Tue | 9-10:00am | Sep 22-Oct 13 | \$68/\$56 |
| 03 | Thu | 9-10:00am | Sep 24-Oct 15 | \$68/\$56 |
| 04 | Mon | 9-10:00am | Oct 26-Nov 16 | \$68/\$56 |
| 05 | Tue | 9-10:00am | Oct 27-Nov 17 | \$68/\$56 |
| 06 | Thu | 9-10:00am | Oct 29-Nov 19 | \$68/\$56 |

No Class Oct 12; M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## ECO CRAFTS (Ages 3-5)

### Location: Natick Community Organic Farm

Let's explore the forest in beautiful spring and create crafts from natural and recycled materials, from creating egg carton greenhouses, to designing leaf creatures, to going on plant treasure hunts. Let your imagination run wild as we learn about the importance of the natural world.

|    |     |               |               |           |
|----|-----|---------------|---------------|-----------|
| 01 | Tue | 10:30-11:30am | Sep 22-Oct 13 | \$68/\$56 |
|----|-----|---------------|---------------|-----------|

M Price = NCOF Member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## FARM ACTIVITIES (Ages 3-5)

### Location: Natick Community Organic Farm

Fall is busy on the Farm --so much to harvest, to preserve, to decorate and enjoy!

|    |     |               |               |           |
|----|-----|---------------|---------------|-----------|
| 01 | Mon | 10:30-11:30am | Sep 21-Oct 19 | \$68/\$56 |
| 02 | Mon | 1:30-2:30pm   | Sep 21-Oct 19 | \$68/\$56 |

No class Oct 12; M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## FARM DAY (Ages 3.5-4.5 with a caregiver)

### Location: Natick Community Organic Farm

Join us for a fun morning of Farm activities. This program is geared for preschool-aged children and their caregivers to experience our seasonal Farm activities. With a Farm teacher, you will do the morning activities including feeding the animals and seasonal projects such as harvesting and putting our gardens to bed. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

|    |     |              |               |             |
|----|-----|--------------|---------------|-------------|
| 01 | Wed | 9:00-11:30am | Sep 16-Oct 14 | \$170/\$140 |
| 02 | Wed | 9:00-11:30am | Oct 21-Nov 18 | \$170/\$140 |
| 03 | Wed | 9:00-11:30am | Sep 16-Nov 18 | \$340/\$280 |

No class Sep 23, Nov 11; M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## HOP WITH THE BUNNIES (Ages 3-5)

### Location: Natick Community Organic Farm

Spend some time learning about these warm, fuzzy little creatures. How they live in the wild and how we care for them at home.

|    |     |               |        |           |
|----|-----|---------------|--------|-----------|
| 01 | Thu | 10:15-11:15am | Oct 22 | \$17/\$14 |
| 02 | Thu | 10:15-11:15am | Oct 29 | \$17/\$14 |

M Price=NCOF member price, join & save

Register Online at [www.natickfarm.org](http://www.natickfarm.org)

## LITTLE HANDS IN THE SOIL (Ages 3-5)

### Location: Natick Community Organic Farm

We are looking for little hands to help us take care of our Toddler's Garden. We will plant and mulch, rake and water, cultivate and decorate, just like big gardeners.

|    |     |               |               |           |
|----|-----|---------------|---------------|-----------|
| 01 | Thu | 10:30-11:30am | Sep 24-Oct 15 | \$68/\$56 |
| 02 | Thu | 1:30-2:30pm   | Sep 24-Oct 15 | \$68/\$56 |

## OUTDOOR EXPLORE AND PLAY GROUP

### (Ages 1.5 -3.5 with a caregiver)

### Location: Natick Community Organic Farm

Join our dynamic play group which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

|    |     |              |                |             |
|----|-----|--------------|----------------|-------------|
| 01 | Mon | 9:30-11:00am | Sep 21-Oct 19  | \$102/\$84  |
| 02 | Mon | 9:30-11:00am | Oct 26 -Nov 16 | \$102/\$84  |
| 03 | Mon | 9:30-11:00am | Sep 21-Nov 16  | \$204/\$168 |

No class Oct 12; M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

M Price=NCOF M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)



*"Teaching kids how to feed themselves  
and how to live in a community responsibly  
is the center of an education."*

— Alice Waters

REGISTER FOR NCOF

[www.natickfarm.org](http://www.natickfarm.org)

117 Eliot Street, Natick, MA (508) 655-2204

# recreation youth



## ARCHERY (Ages 10-14)

**Instructor:** On the Mark Archery Staff

**Location:** East School, 90 Oak Street, Natick

Participants will learn the fundamentals of traditional recurve archery as seen on the Olympics. Instructors will teach students the shot process and put you on the pathway to success. Skills include safety, skill technique, range procedures and scoring. Classes are taught by two USA Archery and NFFA certified instructors. On the Mark Archery will provide all equipment. (4 wks/session)

|    |     |             |              |      |
|----|-----|-------------|--------------|------|
| 01 | Mon | 5:30-6:30pm | Nov 2-Nov 23 | \$98 |
| 02 | Mon | 6:30-7:30pm | Nov 2-Nov 23 | \$98 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## ART • START WITH ART (Grades K-2)

**Instructor:** Christine Van

**Location:** Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (5 or 3 wks)

|    |     |             |               |       |
|----|-----|-------------|---------------|-------|
| 01 | Thu | 4:00-5:00pm | Sep 24-Oct 22 | \$138 |
| 02 | Thu | 5:30-6:30pm | Nov 5-Nov 19  | \$88  |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## ART • START WITH ART (Grades 3-6)

**Instructor:** Christine Van

**Location:** Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (5 or 3 wks)

|    |     |          |               |       |
|----|-----|----------|---------------|-------|
| 01 | Mon | 4-5:00pm | Sep 21-Oct 26 | \$138 |
| 02 | Mon | 4-5:00pm | Nov 2-Nov 16  | \$88  |

No class on Oct 12

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



*"Imagination is more important than knowledge."*

~ Albert Einstein

## BLAST BABY SITTING (Grades 6-9)

**Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor

**Location:** Community-Senior Center, 117 East Central Street

**Babysitter Lessons And Safety Training**

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

|    |     |          |        |      |
|----|-----|----------|--------|------|
| 01 | Wed | 3-6:00pm | Oct 28 | \$43 |
| 02 | Thu | 3-6:00pm | Nov 12 | \$43 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## BRICKS 4 KIDZ: Pirate Session (Ages 6-10)

**Instructor:** Bricks 4 Kidz Staff

**Location:** Cole Center

Bricks 4 Kidz pirate-themed S.T.E.M. sessions offer a hands-on experience where students will build a pirate ship, a helm, chomping crocodile and more using LEGO components. As always, new models are offered each week and each session. Participants will explore the principles of engineering, architecture, physics and more first hand. Their motto is "We learn, we build, and we play with LEGO bricks". (6 wks)

|    |     |             |               |       |
|----|-----|-------------|---------------|-------|
| 01 | Tue | 4:45-5:45pm | Sep 22-Oct 27 | \$100 |
|----|-----|-------------|---------------|-------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## DO YOU BELIEVE IN MAGIC (Ages 8-12)

**Instructor:** Joe Carota

**Location:** Cole Center

Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others with. (5 wks)

No class Oct 12

|    |     |             |              |       |
|----|-----|-------------|--------------|-------|
| 01 | Fri | 3:45-5:00pm | Oct 2-Oct 30 | \$110 |
|----|-----|-------------|--------------|-------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



## DROP AND SHOP (Grades K-4)

Make 'Black Friday' into a win-win for everyone. Drop the kids off for the day while you go shopping and they get a fun day of playing Air Hockey, Ping-Pong, Foosball, Making Art Projects, Playing Gym games and much more. A snack and drink will be provided as well as a pizza lunch.

|    |     |            |        |       |
|----|-----|------------|--------|-------|
| 01 | Fri | 9am-3:00pm | Nov 27 | \$30* |
|----|-----|------------|--------|-------|

\*\$20. for the second child and \$15. for the third child.

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## RECREATION AND PARKS REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

beginning Wednesday September 9, 7pm.

# recreation youth

## FANTASTIC FRIDAYS (Grade 5 & 6)

**Instructor:** Recreation Staff

**Location:** Cole Center

Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each middle school.

|    |     |          |        |      |
|----|-----|----------|--------|------|
| 01 | Fri | 7-9:00pm | Sep 25 | Gr 6 |
| 02 | Fri | 7-9:00pm | Oct 9  | Gr 5 |
| 03 | Fri | 7-9:00pm | Oct 23 | Gr 6 |
| 04 | Fri | 7-9:00pm | Nov 6  | Gr 5 |
| 05 | Fri | 7-9:00pm | Nov 20 | Gr 6 |
| 06 | Fri | 7-9:00pm | Dec 4  | Gr 5 |
| 07 | Fri | 7-9:00pm | Dec 18 | Gr 6 |

No pre-registration necessary. Please pay \$5 at the door.

## F.A.S.T FLAG FOOTBALL (Grades 2-4)

**Instructor:** F.A.S.T Athletics Staff

**Location:** Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone Defense, fourth and inches and the QB Challenge. The F.A.S.T. coaches will have tons of plays ready to go for their teams! (5 wks)

|    |     |             |               |      |
|----|-----|-------------|---------------|------|
| 01 | Tue | 4:00-5:00pm | Sep 22-Oct 20 | \$75 |
|----|-----|-------------|---------------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## FROZEN SCIENCE (Grades 1-3) \*\*NEW\*\*

**Instructor:** Wicked Cool For Kids

**Location:** Cole Center

Love all things Frozen? Go on a Frozen Science expedition! We'll make "frozen" slime, create six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Finally, warm up by making your own hand warmers! (6 wks)

|    |      |             |               |      |
|----|------|-------------|---------------|------|
| 01 | Tues | 3:30-4:30pm | Nov 10-Dec 15 | \$98 |
|----|------|-------------|---------------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## HALLOWEEN ART WORKSHOP (Grades K- 6)

**Instructor:** Christine Van

**Location:** Cole Center

The theme is Halloween and you will use a number of mediums to create some Halloween art.

|    |     |             |        |      |
|----|-----|-------------|--------|------|
| 01 | Wed | 2:00-3:00pm | Oct 28 | \$31 |
|----|-----|-------------|--------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## HOME ALONE SAFETY (Grades 3-4)

**Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor

**Location:** Community-Senior Center, 117 East Central Street

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

|    |       |             |        |      |
|----|-------|-------------|--------|------|
| 01 | Mon   | 3:30-5:30pm | Sep 28 | \$38 |
| 02 | Wed   | 1:00-3:00pm | Oct 28 | \$38 |
| 03 | Thurs | 1:00-3:00pm | Nov 12 | \$38 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## INTRO TO MUSICAL THEATER (Grades 2-4)

**Instructor:** Cindy Wright

**Location:** Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (to be held at the last class.) (10 wks)

|    |     |             |              |       |
|----|-----|-------------|--------------|-------|
| 01 | Fri | 4:30-6:00pm | Sep 18-Dec 4 | \$125 |
|----|-----|-------------|--------------|-------|

No class Nov 6 or 13, Nov 27

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## MIDDLE SCHOOL EARLY RELEASE

### TO ROLLER KINGDOM (Grades 5-8)

**Instructor:** Recreation Staff

Join the Recreation and Parks department as we adventure off to Roller Kingdom for an afternoon of skating/blading, games, food and fun. Trip includes rental, slice of pizza and a soda, chaperones and transportation from Kennedy or Wilson Middle school. Return bus drop-off will be at the Cole Center at 4:30pm.

|    |     |                |        |      |
|----|-----|----------------|--------|------|
| 01 | Wed | 11:30am-4:30pm | Oct 28 | \$42 |
|----|-----|----------------|--------|------|

## NATICK DRAMA WORKSHOP (Grades 5-8)

**Staff:** Cindy Wright – Director, Lisa Cigna – Choreographer,

Chris Letizia – Music Director, Deb Finkelstein – Stage Manager

**Location:** Rehearsals at Cole Center

**Location:** Shows at Kennedy Middle School

This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. A parent must attend the first 15 minutes of auditions on Tuesday to receive important paperwork that needs to be completed, signed and returned at the parent meeting on Saturday. There will be a mandatory meeting of all parents/guardians at 9:00am on Saturday September 12 for an overview of our program and to sign up for various volunteer jobs that need to be done. At least one parent or legal guardian must accompany their child to audition. Times below are subject to change. (\$100.)

|    |          |                |                   |             |
|----|----------|----------------|-------------------|-------------|
| A1 | Tue      | 6:00-9:00pm    | Sep 8             | Audition    |
| R1 | Sat      | 9:00am-12:30pm | TBA               | Rehearsal   |
|    |          |                | Sep 12            | Parent mtg. |
| T1 | Sun      | 12:00-5:00pm   | TBA               | Tech        |
| T2 | Mon-Thu  | 4:30-9:00pm    | TBA               | Tech        |
| S1 | Fri -Sun | Varied         | Nov 6, 7, 8       | weekend     |
|    |          |                | or Nov 13, 14, 15 |             |



## RECREATION & PARKS REGISTRATION

### Natick Drama Workshop Special Registration

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**beginning Thursday September 3, 7pm.**

All other registrations should register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation) beginning Wednesday September 9, 7pm.



# recreation youth



## PARENTS NIGHT OUT (K-4th Grade)

**Instructor:** Recreation Staff

**Location:** Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

|    |     |          |        |      |
|----|-----|----------|--------|------|
| 01 | Sat | 5-9:00pm | Sep 19 | \$18 |
| 02 | Sat | 5-9:00pm | Oct 3  | \$18 |
| 03 | Sat | 5-9:00pm | Oct 17 | \$18 |
| 04 | Sat | 5-9:00pm | Nov 14 | \$18 |
| 05 | Sat | 5-9:00pm | Dec 5  | \$18 |
| 06 | Sat | 5-9:00pm | Dec 19 | \$18 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) Walk-in registration night of event available only if space is available.

## PLAY TENNIS AMERICA (Grades 3-7)

**Instructor:** Natick Racquet Club Staff

**Location:** Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$100, 6 wks)

|    |     |          |              |          |
|----|-----|----------|--------------|----------|
| 01 | Sun | 5-6:00pm | Sep 20-Nov 1 | Gr 3 & 4 |
| 02 | Sun | 6-7:00pm | Sep 20-Nov 1 | Gr 5-7   |
| 03 | Sun | 5-6:00pm | Nov 8-Dec 20 | Gr 3 & 4 |
| 04 | Sun | 6-7:00pm | Nov 8-Dec 20 | Gr 5-7   |

No class Oct 11, Nov 29

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## ROBOTICS • “JUNGLE ROBOT” (Ages 8 & Up)

**Instructor:** Ed Harrow

**Location:** Cole Center

Participants will combine learning and fun while building a sound-activated “Jungle Robot”. The robot can be assembled to walk or travel hand-over-hand. Program provides a great introduction to the understanding of geared mechanisms, learning the basics of circuits and electronic components while you work with gears, wheels, levers, motors and sensors. No prior knowledge is needed. (5 wks)

|    |     |             |              |       |
|----|-----|-------------|--------------|-------|
| 01 | Mon | 3:30-5:00pm | Sep 28-Nov 2 | \$150 |
|----|-----|-------------|--------------|-------|

No class Oct 12

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## SPEED AND ENDURANCE (Ages 7-12)

**Instructor:** Kathy Fleming

**Location:** Community Senior Center, 117 E. Central Street

Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and working on running form and strength, your athlete will reach to new levels. Bring your running shoes and a water bottle. (\$66, 5 wks)

|    |     |             |               |           |
|----|-----|-------------|---------------|-----------|
| 01 | Thu | 4:00-4:45pm | Sep 24-Oct 22 | (Gr 7-9)  |
| 02 | Thu | 4:45-5:30pm | Sep 24-Oct 22 | (Gr 9-12) |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## STORYBOOK THEATRE (Grades K-1)

**Instructor:** Cindy Wright

**Location:** Cole Center

An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

|    |     |             |               |      |
|----|-----|-------------|---------------|------|
| 01 | Fri | 3:30-4:30pm | Sep 18-Oct 23 | \$80 |
|----|-----|-------------|---------------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## TERRIERS DODGEBALL (Grades 2-4)

**Instructor:** Terriers Dodgeball Staff

**Location:** Cole Center

Kids love the fast-paced action, throwing, catching and of course dodging balls in this great game. This program will be directed by Terriers Sports, who have run popular youth sports programs for twenty years. Participants will be placed on teams. Terriers also mix high-energy “arena” music into their sessions, creating an environment that kids love! Cushioned foam balls are used for safety. (5wks)

|    |     |             |              |       |
|----|-----|-------------|--------------|-------|
| 01 | Thu | 4:30-5:30pm | Nov 5-Dec 10 | \$110 |
|----|-----|-------------|--------------|-------|

No Class Nov 26

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



## RECREATION AND PARKS REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Wednesday September 9, 7pm.



# recreation youth

## THUNDERCATS BASKETBALL (Grade 3)

**Instructor:** Thundercats Coaching Staff

**Location:** Cole Center

Participants will learn the fundamental skills of basketball through unique drills, games, trivia and more. Basic skills of dribbling, passing, shooting and defense will be emphasized. Program is co-ed. Please wear sneakers and bring a water bottle. (5 wks)

01 Mon 3:30-4:30pm Sep 21-Oct 26 \$75

No class Oct 12

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## THUNDERCATS SPORTS JAM (Grades K-1)

**Instructor:** Thundercats Coaching Staff

**Location:** Cole Center

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

01 Thu 3:30-4:30pm Oct 1-Oct 29 \$75

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## THUNDERCATS SPORTS COMBO, DODGEBALL/FLOOR HOCKEY (Grades 2 & 3)

**Instructor:** Thundercats Coaching Staff

**Location:** Cole Center

Co-ed program consisting of a variety of different dodgeball related games; Doctor, bombardment, jailbreak and more! Gator Skin balls will be used. Other games will be mixed in to create a fun and exciting afternoon (5 wks)

01 Thu 4:30-5:30pm Oct 1-Oct 29 \$75

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## WRESTLING (Grades 1-4)

## Location: Natick High School

Program stresses fundamentals of wrestling in a structured and safe format regardless of size or weight. Participants wrestle in their own weight class. New wrestler package includes; compression t-shirt, shorts, head gear and a cinch bag. Returning wrestler package includes compression t-shirt and shorts. Included in the new pricing is also the possibility for some fun Saturday matches/jamborees.

Mon & Thu 6:30-8:00pm Dec 3-Feb 11

New wrestler package: \$95

Returning wrestler: \$75

No class Dec 24, 29, 31, Jan 18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## WINTER YOUTH BASKETBALL (Grades 3-8)

Grade 3 teams play on Saturday mornings. There will be a pre-season evaluation for participants registered for grade 3 (Saturday November 14 at the Community Senior Center). Teams will be made after that evaluation and then beginning on December 5, each Saturday morning Grade 3 will have a 20-30 minute practice with a 20-30 minute game following:

Grade 4-8 teams practice once a week. Teams play a nine game schedule mainly on Saturdays between 9:00am and 3:30pm. There will be a special practice/evaluation for 7th graders, Sunday November 15. FEE: Grade 3, \$81 • Grade 4-6, \$91 • Grades 7 & 8, \$101 \*\*

**\*\* Please note:** Due to past scheduling conflicts, Grade 7 & 8 Travel Basketball Players will not be allowed to register for the Winter Youth

## Recreation Basketball Program\*

Tue-Thu 7:00-8:30pm Oct 13, 14 & 15 Registration  
Separate registration forms will be available on our website, through the schools virtual backpack or on the night of registration. Do not use our general registration forms for winter basketball.

\* Guaranteed spot if registered during the dates and times above.



## BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
  - Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
  - Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
  - Supervised by 2 recreation staff
- Days/Times: Sundays ONLY 12:30-2:30pm  
OR 3:30-5:30pm.

### \$175 for the 2 hours

You supply your own paper goods, cake and refreshments.

Rental is space and equipment only.

RESERVE YOUR PARTY ONLINE!

**COACHES NEEDED:** Our department would like to thank last year's Volunteer Coaches who made the program a great success. If anyone is interested in Coaching, please contact the main office at (508) 647-6530 and provide name, address, email and best phone number or you can email Dan Keefe at [dkeefe@natickma.org](mailto:dkeefe@natickma.org) with the same information. We will either mail or email a coaches' packet..

## RECREATION AND PARKS REGISTRATION

Register online at: [www.natickma.gov/recreation](http://www.natickma.gov/recreation)  
beginning Wednesday September 9, 7pm.



## farm youth

### AFTERSCHOOL FARMERS (Grades K - 4)

#### Location: Natick Community Organic Farm

This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the on-line registration. No program on Natick Early Release Days.

|        |             |               |             |
|--------|-------------|---------------|-------------|
| 01 Mon | 3:15-4:45pm | Sep 28-Nov 23 | \$204/\$168 |
| 02 Thu | 3:15-4:45pm | Sep 10-Oct 29 | \$204/\$168 |

No class Oct 12, Nov 12, Nov 26, Dec 24, Dec 31;

M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

### AFTERSCHOOL IN THE WOODS (Grades K-4)

#### Location: Natick Community Organic Farm

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

|        |             |              |             |
|--------|-------------|--------------|-------------|
| 01 Wed | 3:15-4:45pm | Sep 9-Dec 2  | \$204/\$168 |
| 02 Wed | 3:15-4:45pm | Dec 9-Feb 10 | \$204/\$168 |

No class Sep 23, Oct 28, Nov 4, Nov 11, Nov 25, Dec 23, Dec 30.

M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

### FARM CRAFTS (Grades 5-8)

#### Location: Natick Community Organic Farm

Discover the Farm in the bountiful fall and create take home crafts around the season. From making wool animals, to creating dried flower pendants, to candle making, you are sure to have a great time learning how to use materials from the Farm.

|        |             |               |           |
|--------|-------------|---------------|-----------|
| 01 Wed | 3:15-4:30pm | Sep 30-Oct 21 | \$85/\$70 |
|--------|-------------|---------------|-----------|

M Price = NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

### HOMESCHOOLING AND FARMING AT NCOF (Ages 5-10)

#### Location: Natick Community Organic Farm

Please join us for a year-round, hands-on program that involves children in our everyday farming operations, from maple sugaring to caring for animals and, from starting seeds in the greenhouses to transplanting seedlings into the vegetable gardens. Every week we start the morning with animal chores. Over the course of the year, children will get a deep insight into the varied aspects of work on a farm and to where our food comes from. This is a drop-off program.

|         |             |               |             |
|---------|-------------|---------------|-------------|
| 01 Tues | 9:00am-noon | Sep 22-Jan 12 | \$675/\$540 |
|---------|-------------|---------------|-------------|

No class Dec 22, Dec 29 M Price = NCOF member price, joins & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

### HOMESCHOOLING AND FARMING AT NCOF (Ages 11-14)

#### Location: Natick Community Organic Farm

This opportunity for middle-school aged youth is all about working together to solve problems creatively and contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming season, from harvesting in the fall to sugaring in the winter, to planting in the spring. Join us in growing people while growing food.

|        |               |               |               |
|--------|---------------|---------------|---------------|
| 01 Mon | 8:30am-2:30pm | Sep 21-Jan 25 | \$1,125/\$900 |
|--------|---------------|---------------|---------------|

No class Oct 12, Dec 21, Dec 28, Jan 18; M Price = NCOF member price, join & save.

Register online at [www.natickfarm.org](http://www.natickfarm.org)



### ONLY BUNNIES (Ages 5-10)

#### Location: Natick Community Organic Farm

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

|        |             |        |           |
|--------|-------------|--------|-----------|
| 01 Wed | 3:30-4:30pm | Oct 14 | \$17/\$14 |
|--------|-------------|--------|-----------|

M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

### YOUTH WORK EXPERIENCE (Grades 5-8)

#### Location: Natick Community Organic Farm

We are inviting middle-school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of September, October and November, students will be involved in bringing in the harvest and preparing the gardens for the winter..

|        |             |               |             |
|--------|-------------|---------------|-------------|
| 01 Tue | 3:00-5:00pm | Sep 22-Nov 24 | \$300/\$240 |
| 02 Wed | 3:00-5:00pm | Sep 16-Dec 2  | \$300/\$240 |
| 03 Thu | 3:00-5:00pm | Sep 17-Nov 19 | \$300/\$240 |

(No class Nov 11)

M Price=NCOF member price, join & save

Register online at [www.natickfarm.org](http://www.natickfarm.org)

*"It is said that the effect of eating too much lettuce is 'soporific'"*

— Beatrix Potter, *The Tale of the Flopsy Bunnies*.

REGISTER FOR NCOF  
[www.natickfarm.org](http://www.natickfarm.org)  
117 Eliot Street, Natick, MA (508) 655-2204

# recreation adult

## ARCHERY (Ages 15 and Up)

**Instructor:** On the Mark Archery Staff

**Location:** East School, 90 Oak Street, Natick

Participants will learn the fundamentals of traditional recurve archery as seen on the Olympics. Instructors will teach students the shot process and put you on the pathway to success. Skills include safety, skill technique, range procedures and scoring. Classes are taught by two USA Archery and NFFA certified instructors. On the Mark Archery will provide all equipment. (4 wks/session)

01 Mon 7:30-8:30pm Nov 2-Nov 23 \$98

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## CO-ED ULTIMATE FRISBEE

**(Adults-High School Graduate or older)**

**Location:** Kennedy Middle School Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (7 wks)

01 Sat 4:00-6:00pm Sep 12-Oct 31 \$20R/\$40.N.R.

No class Oct 10

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## CO-ED VOLLEYBALL (Ages High School Graduate and Older)

**Location:** Community Senior Center

Players must be out of high school. Participants will play pick-up volleyball with the teams different each week. (10 wks)

01 Wed 6:30-8:30pm Sep 16-Dec 23 \$50

No class Sep 23, Oct 14, Nov 11, 25, Dec 9

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## COMMUNITY CABARET (Ages 18 and Up)\*\*NEW\*\*

**Instructor:** Cindy Wright and Jane Raithel

**Location:** Cole Center

'Life is a Cabaret old chum so come to the Cabaret!' You're not going to sit back and watch, you're going to be in it. The cast will perform several songs; solos, duets, trios and groups will be involved. All which will be chosen to fit a theme. There is no audition involved, just register and you are in the cast. Regardless of skill, each performer will be involved in several musical numbers. Minimum of ten participants are needed for program to run. Show dates are Friday and Saturday December 11 & 12.

01 Tue 7-9:00pm Sep 29-Dec 8 \$160

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## FIRST AID AND CPR CERTIFICATION (18+ Years old)

**Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor

**Location:** Community-Senior Center, 117 East Central Street

This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of childcare providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01 Mon 6:00-8:30 Sep 28 \$68

02 Thu 6:30-9pm Nov 12 \$68

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## MEN'S OVER 50 BASKETBALL (Adults, Ages 50 & Up)

**Location:** Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must. (13 wks)

01 Tue 7:00-8:00pm Sep 22-Dec 15 \$43

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## MEN'S OVER 30 BASKETBALL (Adults, Ages 30 & Up)

Pick-up game format will be used, pre-registration is a must.

(13 or 11 wks)

**Location:** Kennedy Middle School Gym

01 Tue 7:00-8:30pm Sep 22-Dec 15 \$49

**Location:** Community Senior Center Gym

02 Thu 7:00-8:30pm Sep 17-Dec 17 \$43

No class Oct 15, Nov 26, Dec 10

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## PLAY TENNIS AMERICA (Adults)

**Instructor:** Natick Racquet Club Staff

**Location:** Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

01 Sun 7-8:00pm Sep 20-Nov 1 \$100

02 Sun 7-8:00pm Nov 8-Dec 20 \$100

No class Oct 11, Nov 29

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## READY, SET DANCE (Adults)

**Instructors:** Judy Forman and Helen Thomas

**Location:** Cole Center Gym

It's totally cool! Come and join the fun, great music and dances choreographed for everyone. Develop strength and balance while experiencing Fun and Fitness together! (12 wks)

01 Tue Thu 6:15-7:15pm Sep 15-Dec 10 \$145/2 nights

\$95/1 night

No class Nov 24, 26

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## TAI CHI • BEGINNING & ADVANCED (Adults)

**Instructor:** Jon Woodward, Certified Tai Chi Instructor

**Location:** Cole Center Gym

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as 'meditation in motion' because it promotes serenity through gentle movements-connecting the mind and body! (10 wks)

Beg Mon 6:30-7:30pm Sep 21-Nov 23 \$85

Adv Mon 7:45-8:45pm Sep 21-Nov 23 \$85

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## WOMEN'S OPEN GYM BASKETBALL

**(Adults – High School Graduate or older)**

**Location:** Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (8 wks)

01 Wed 7:00-8:30pm Sep 16-Nov 18 \$34

No class Sep 23, Nov 11

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



## farm adult



**Natick Community Organic Farm** is an amazing community resource. Located on 27 acres of beautiful and productive conservation land on Route 16/Eliot St. in South Natick, NCOF is open every day during daylight hours with no admission fee for your visits and purchases. So come down, take a stroll, see the animals and the fields, shop for food, and discover the farm for yourself

### A FARMER'S MORNING (All ages)

#### Location: Natick Community Organic Farm

Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty warm breakfast.

|    |     |              |        |                     |
|----|-----|--------------|--------|---------------------|
| 01 | Sun | 9:00-10:30am | Oct 4  | \$20/person age 10+ |
| 02 | Sun | 9:00-10:30am | Oct 25 | \$20/person age 10+ |

### BARNYARD BIRTHDAY BASH

Birthday boys and girls of all ages will enjoy exploring farm life, hiking our woods, taking part in a scavenger hunt, and eating birthday cake back in our Education Center. Group tours (sorry, no petting) are available for an additional fee. For more details and complete rental information, go to [www.natickfarm.org](http://www.natickfarm.org).

### Book Discussion Series (14+)

#### Moderator: Melissa Kenny Probst

#### Location: Natick Community Organic Farm

Come and discuss titles related to sustainable living in a mutually supportive and encouraging atmosphere. Join us for all thought-provoking sessions, or select a discussion or two of particular interest. Please check the Farm's website [www.natickfarm.org](http://www.natickfarm.org) for book titles and meeting dates.

### Growing and Eating Garlic (14+)

#### Instructor: Trish Wesley Umbrell

#### Location: Natick Community Organic Farm

Growing your own garlic is easy and rewarding. Learn how to start and tend your own garlic patch, which varieties thrive in our climate, and how to get the best yields. We'll be sampling different varieties of raw and cooked garlic in different forms during class, so bring your appetite and be prepared to leave with garlic breath.

|   |     |              |       |                 |
|---|-----|--------------|-------|-----------------|
| 01  | Wed | 7:30-8:30pm  | Oct 7 | \$15            |
| Register online at <a href="http://www.natickfarm.org">www.natickfarm.org</a> |     |              |       |                 |
| 01  | Sun | 9:00-10:30am | Oct 4 | \$20/pp age 10+ |

### Soap Making 101 (Ages 14+)

#### Instructor: Melissa Kenny Probst, Soap Maker, Sweet Suds

#### Location: Natick Community Organic Farm

Come and discover how soap is made. Learn about different carrier oils, essential oils, and other soap ingredients, including safety guidelines for working with lye. Join in making a fresh batch of soap, as a class, using the traditional cold process method. All materials and equipment provided. Each participant will take home close to a pound of all natural hand-made soap, just in time for holiday gift-giving!

Please dress for mess, preferably with long sleeves and closed shoes. And please bring along an old towel to insulate your fresh block of soap. Limited to 8 participants.

|    |     |             |        |       |
|----|-----|-------------|--------|-------|
| 01 | Sat | 1:00-4:30pm | Nov 14 | \$65* |
|----|-----|-------------|--------|-------|

\*Includes materials fee; in case of financial hardship, please email or call instructor.

Register with Melissa Kenny Probst, [sweetsuds@zoho.com](mailto:sweetsuds@zoho.com), (508) 904-9246

### SCHOOL PROGRAMS

Students learn all about farm food webs, chickens, healthy soil, maple sugaring, sheep shearing and so much more. The Farm is a living laboratory that enhances classroom instruction. Programs align with MA Curriculum Frameworks. More information @ [www.natickfarm.org](http://www.natickfarm.org)

### SCOUT BADGE PROGRAMS (All Ages-- GIRLS AND BOYS)

Girl and boy scouts are invited to register for our Interactive Farm Tour and afternoon Chore Time or work on a troop badge with Farm staff. For information, go to [www.natickfarm.org](http://www.natickfarm.org)

### SCOUT HOLIDAY CRAFTS (All Ages)

The Farm is extra cozy in late fall, and your scouts will enjoy making beeswax candles or creating holiday giftwrap and cards. All materials included. Mon-Thu afternoons and weekends, Nov and Dec. Fee: \$15/scout.

### SCOUT OVERNIGHT CAMPING (All Ages)

Scouts of all ages can pitch tents under our apple trees, enjoy a campfire, and listen to the night sounds on our historic New England organic farm. Enjoy a special morning program of waking up, feeding, and watering our animals with a farmer. Scouts will gather a dozen eggs from our hens for their farmers' breakfast, and a 12-ounce bottle of our own maple syrup, compliments of the Farm! Friday or Saturday nights, September and October. Fee: \$25/scout. For information, go to [www.natickfarm.org](http://www.natickfarm.org)

### VOLUNTEER AT THE FARM

Spend time volunteering at one of the region's most beautiful and oldest non-profit farms. Volunteers needed for all kinds of outdoor, seasonal work including harvesting, mulching, raking, maple syrup collection, animal care, and more – training provided. The Farm welcomes adults, high-schoolers with community service hours or internships, college students, families with children age 12+, and Eagle or Gold Award Scout projects.

|    |          |               |            |
|----|----------|---------------|------------|
| 01 | Mon-Fri, | 9:00am-5:00pm | Sept.-June |
|----|----------|---------------|------------|

Please call or email [natickma.org](mailto:natickma.org), (508) 907-6019.

REGISTER FOR NCOF  
[www.natickfarm.org](http://www.natickfarm.org)

117 Eliot Street, Natick, MA (508) 655-2204





## SPECTACULAR SATURDAY'S (Teens and Adults)

**Location: Various locations**

This 8-week program is an all day event that Skyline has been hosting for many years. You can pick one program or programs to fill your entire day. You may only choose one program from each time slot. Programs are for all 8 weeks.

01 Sat all day Sep 19-Nov 21 \$35.

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## COSMIC BOWLING (Teens and Adults)

**Location: Ryan's Family Amusements 1170 Main Street, Millis**

Start your day off right by striking down the pins in Millis with the whole gang.

01 Sat 9:15-10:45am Sep 19-Nov 21 \$88

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## ZUMBA WITH JAYNE (Teens and Adults)

**Instructor: Jayne Carney**

**Location: CSC**

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

2A Sat 11:15-12:30pm Sep 19-Nov 21 \$87

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## MARTIAL ARTS (Teens and Adults)

**Instructor: Villari's Instructor**

**Location: TBD**

Learn the principles of self-defense through breathing, movement, and practice.

2B Sat 11:15-12:30pm Sep 19-Nov 21 \$87

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## FUN WITH ART (Teens and Adults)

**Instructor: Allie Jennett**

**Location: Cole Center**

Use your imagination and explore many ways to have fun with art.

2C Sat 11:15-12:30pm Sep 19-Nov 21 \$88

4A Sat 2:00-3:15pm Sep 19-Nov 21 \$88

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## SATURDAY'S LUNCH BUNCH (Teens and Adults)

**Location: Various locations**

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

3 Sat 12:30-1:45pm Sep 19-Nov 21 At least \$10/  
wk

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## DANCE (Teens and Adults)

**Instructor: Nancy Kelley**

**Location: Nancy Kelley Dance Studio, 7 Pond St, Natick**

Come join in on the fun and learn popular dance moves to catchy songs.

(Transportation to the Cole Center after class)

4B Sat 2:15-3:00pm Sep 19-Nov 21 \$87

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

## SPECTACULAR SATURDAY'S TRANSPORTATION

**(Teens and Adults)**

**Location: Various locations**

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45am to bowling, then to zumba/martial arts/art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance.

5 Sat various Sep 19-Nov 21 \$35

(No class October 10)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

"I have the wherewithal  
to challenge myself for my entire life.  
That's a great gift."

~ Twyla Tharp

### REGISTER ONLINE AT:

[www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person  
beginning Wednesday September 9, 7pm.

# skyline



These programs are for the special needs population with some inclusive programs listed as well

## COFFEE HOUSE (All Ages)

**Location: Cole Center**

Belt out your favorite song with Karaoke man Dennis Porter and friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

|    |     |             |        |      |
|----|-----|-------------|--------|------|
| 01 | Fri | 6:30-9:30pm | Sep 18 | \$20 |
| 02 | Fri | 6:30-9:30pm | Oct 16 | \$20 |
| 03 | Fri | 6:30-9:30pm | Dec 11 | \$20 |

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## DINNER, MOVIE AND GAMES (Teens and Adults)

**Location: Cole Center**

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

|    |     |             |        |      |
|----|-----|-------------|--------|------|
| 01 | Fri | 5:30-9:30pm | Oct 2  | \$20 |
| 02 | Fri | 5:30-9:30pm | Nov 13 | \$20 |

## ECOTARIUM (Teens and Adults)

**Location: Cole Center**

Get ready for a fun filled day in Worcester as we check out the animals at the EcoTarium, watch a show, and get to do all of the fun activities they have to offer! Lunch will be included for the day.

|    |     |             |        |      |
|----|-----|-------------|--------|------|
| 10 | Sun | 11:30am-6pm | Sep 20 | \$45 |
|----|-----|-------------|--------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## FRIDAY NIGHT LIVE (Teens and Adults)

**Location: Cole Center**

It's easy to get off the couch on Friday nights with this program. Enjoy four Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes.

|    |     |             |                      |      |
|----|-----|-------------|----------------------|------|
| 01 | Fri | 6:00-9:30pm | 9/25,10/23,11/6,12/4 | \$96 |
|----|-----|-------------|----------------------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## HOLIDAY LIGHTING (Teens and Adults)

**Location: Cole Center**

Get excited to see some awesome holiday lights in Natick and surrounding towns.

|    |     |             |        |      |
|----|-----|-------------|--------|------|
| 01 | Fri | 6:30-9:00pm | Dec 18 | \$48 |
|----|-----|-------------|--------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## PATH'S HALLOWEEN DANCE EXTRAVAGANZA (All ages)

**Location: Cole Center**

Dress up and head out of the house for our Halloween Dance put on by PATH.

|    |     |             |        |      |
|----|-----|-------------|--------|------|
| 01 | Fri | 6:30-9:00pm | Oct 30 | \$10 |
|----|-----|-------------|--------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## POLAR EXPRESS (Teens and Adults)

**Location: Meet at the Cole Center**

Join us as we get geared up for winter and board the real life Polar Express. We will get to ride the train and hear the story. We might even get a visit from the big guy himself, as long as he isn't too busy checking the naughty list! You will stop for dinner on the way home.

|    |     |           |        |      |
|----|-----|-----------|--------|------|
| 01 | Sun | 12-6:00pm | Dec 20 | \$85 |
|----|-----|-----------|--------|------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## STRETCH WHAT MATTERS YOGA (13 and up)

**Instructor: Stretch What Matters Instructor**

**Location: Roots & Wings, 317 North Main Street, Natick**

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost. (6 wks)

|    |     |             |              |      |
|----|-----|-------------|--------------|------|
| 01 | Tue | 4:45-5:45pm | Sep 8-Oct 13 | \$96 |
| 02 | Tue | 4:45-5:45pm | Oct 20-Dec 1 | \$96 |

(No class Nov 24)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## TICKET TO ADVENTURE (Teens and Adults)

**Location: Meet at the Cole Center**

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

|    |     |              |                                      |       |
|----|-----|--------------|--------------------------------------|-------|
| 01 | Sat | 5:30-10:30pm | 9/12,9/26,10/10,<br>10/24,11/7,11/21 | \$260 |
|----|-----|--------------|--------------------------------------|-------|

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

*The privilege of a lifetime  
is being who you are.*

~ Joseph Campbell

### NATICK COMMON GUIDE

Please give us feedback, comments,  
and suggestions.email Beth at  
[infocommonguide@natickma.org](mailto:infocommonguide@natickma.org)

### REGISTER ONLINE AT:

[www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person  
beginning Wednesday September 9, 7pm.

# natickconnector



**Call (508) 820.4650**  
to book a ride  
or manage your account

## natick community access

**Transportation  
for Natick seniors  
and residents with  
disabilities**

The service provides door-to-door transportation to medical appointments and other personal services throughout Natick and nearby destinations including Framingham, Wayland, and Wellesley.

### **The service hours:**

8am-3pm, Tuesday-Thursday

**Operates  
Tuesday  
Wednesday  
Thursday**

Tues & Thurs: Medical appointments  
Weds mornings: Target  
Weds afternoon: Market Basket

**MWRTA  
reserve a ride\*  
call:  
(508) 820-4650**

\* 48 hours notice

Residents will set up accounts with the MetroWest Regional Transit Authority (MWRTA) and the trip fare will be deducted from their account. The one-way fare is \$2; round trip is \$4. No cash fare accepted.

Reservations should be made by calling (508) 820-4650. We request that you contact the call center two business days before you need a ride.

Questions and comments:  
contact the  
transportation coordinator  
Craig Leiner, at  
[cleiner@natickma.org](mailto:cleiner@natickma.org)

Community Education and Resources  
Community Services Department  
Town of Natick  
117 East Central Street  
Natick, MA 01760

PRSRT STD  
U.S. POSTAGE  
PAID  
NATICK, MA 01760  
PERMIT #35

Postal Patron  
Natick, MA 01760



We're making local  
connections through  
transportation.

Help us  
understand your  
transport needs.

Please take  
our survey.

**Natick needs your input!**  
Let us know how  
we can serve you better.

<http://tinyurl.com/NatickConnector>

Recreation and Parks • Council On Aging • Human Services  
• Natick Community Organic Farm • Veterans' Services

Please tell us your impression of the Natick Common Guide.  
[infocommonguide@natickma.org](mailto:infocommonguide@natickma.org)